

Effect of selected exercises on: “accuracy of long range shoot, penalty shoot and running shoot ability in korfball”.

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Abstract

Korfball has Dutch origins. In 1902 Nico Broekhuysen, a Dutch school teacher from Amsterdam, was sent to Naas, a town in Sweden, to follow an educational course about teaching gymnastics to children. This is where he was introduced to the Swedish game 'ringbolt'. In ringbolt one could score points by throwing the ball through a ring that was attached to 3 m pole. Men and women played together, and the field was divided into three zones. At first there was considerable controversy about the sport, because the players were of both genders. Several sports journalists refused to pay even the slightest attention to the new sport. Korfball-players were accused of being immoral. Even the sportswear was criticized, because the women were showing bare knees and ankles. A newspaper even wrote: "Korfball is a monster that spreads its claws to all sides". Yet korfbal was featured as a demonstration sport in the Summer Olympics of 1920 and 1928.

The International Korfball Federation was founded in 1933. Korfball is played in 57 countries including: United States, United Kingdom, Ireland, Australia, New Zealand, the Czech Republic, Poland, Greece, Serbia, South Africa, Zimbabwe, India, the Netherlands, Belgium, Russia, Germany, Taiwan, Turkey, Hong Kong. Korfball is played in 57 Countries including the united states, the United Kingdom, Ireland, Australia, New Zealand. The Czech Republic, Poland, Greece, Serbia, South Africa, Zimbabwe, India the Netherlands land Belgian, Russia, Germany, Taiwan, Turkey, Hong Kong, Portugal, Pakistan, Sweden, Hungary, the Philippine Italy, Catalonia, France and Romania. It has been played as a demonstration start in the summer Olympic Game in 1920 and 1928.

Keywords: Korfball, Dutch school, International Korfball Federation, Olympics.

Introduction

The brief history of physical education would start in just about 1820 when schools focused on gymnastics, hygiene training and care and development of the human body. By the year 1950, over 400 institutes had introduced majors in physical education. The Young Men's Christian Association launched

its very first chapter in 1851 and focused on physical activities. Colleges were encouraged to focus on intramural sports particularly track, field and football. But physical education became a formal requirement following the civil war when many states opted to pass laws that required schools to incorporate a substantial physical education component into their curriculums. But it was not till 1970 that an amendment was made to the Federal Education Act that allowed women from high school and college to compete in athletic competitions. Sex-based discrimination was completely outlawed from government funded programs at this point. Physical education is an educational process that has as its aim the improvement of human performance through the medium of physical activities selected to realize this outcome. Physical education includes the acquisition and refinement of motor skills, the development and maintenance of fitness for optimal health and wellbeing, the attainment of knowledge and the growth of positive attitudes towards physical activity. Physical education in India is often a neglected part of education and many schools across the country do not realize the importance of having physical education as a part of the system. There are many benefits that are available from physical education and there are a few schools that have managed to strike the balance between academics and physical fitness.

Games and Sports:

There is not any universally accepted definition of sports in particular. For a layman a sport can be described as a kind of physical activity that is performed in discipline by set of certain rules, this activity when played between two persons or group of person is known as Sports match. The major requisite to play any sport is discipline, patience, and mental stability. A person who posse the state of Rajasthan being recognized as the land of Kings, State of bravery, Regis than or Rajputana is blessed with beautiful forts and palaces, have lies, marking their heritage glimpses on the world map. It is the place where romance and bravery together flow in the air. The youth of today's Rajasthan is fascinated by the game of cricket which provide them fame and money together. The game of cricket has overcome the importance of national game of hockey, the passion for cricket has reached to such extent that I runs like blood in veins. This situation is the matter of serious concern to maintain the cultural heritage of the state, which depicted the exotic history of the state. One thing, which acts a cool breeze in hot summers, is that Rajasthan has given international level players to the country who have raised the name and glory of the state. The most important name to describe here is the name of Maharaja Karin Singh of Bikaner. However, whatever has been the situation, and every sport in Rajasthan is played with full enthusiasm and excitement. Rajasthan has the pride of organizing some international sports event in the state. The major sports event has been the organization of boat race of Asian Games of 1982 at Ramah Lake of Capital Raipur, organization few matches of World Cup Cricket. Thus, whatever the game has been, the people and government of Rajasthan has open heartedly accepted it and have made their valuable contribution in its successful organization. This year also during the organization XIX Common Wealth Games The Rajasthan State Tourist Development Corporation has declared special package tours to the tourists visiting Rajasthan during that period.

Shooting Exercises

Bring it all together by practicing your shooting often. Focus on completing well-performed shots close to the net, then move outward. It can take years to develop a consistent shot from three-point range, so don't worry if you don't experience rapid improvement. The best way to practice distance shooting is to concentrate on developing your skills so that they are automatic reflexes, rather than intentional efforts. One exercise to develop a good shooting rhythm is to shoot as rapidly as possible from three-point range. Don't shoot so fast that you compromise form, but try not to pause between shots either. A movable rack that holds many basketballs is helpful so you don't have to chase down rebounds, or you can ask a friend to retrieve the ball for you.

Korfbal has Dutch origins. In 1902 Nico Broekhuysen, a Dutch school teacher from Amsterdam, was sent to Naas, a town in Sweden, to follow an educational course about teaching gymnastics to children. This is where he was introduced to the Swedish game 'ringbolt'. In ringbolt one could score points by throwing the ball through a ring that was attached to 3 m pole. Men and women played together, and the field was divided into three zones. Players could not leave their zone. Broek huysen was inspired and when he returned to Amsterdam he decided to teach his students a similar game. He replaced the ring with a basket (for which the Dutch word is "korf" or "mand"), so it was easier to see if a player had scored or not. Broek huysen also simplified the rules so children could also understand and play it. Korfbal was born. The main idea was the same as ring boll, but it now stood on its own. The oldest still existing korfbal club to never have merged with any other club is a Dutch korfbal-club H.K.C. ALO from The Hague, Netherlands. H.K.C. ALO was founded on February 1, 1906.

At first there was considerable controversy about the sport, because the players were of both genders. Several sports journalists refused to pay even the slightest attention to the new sport. Korfbal-players were accused of being immoral. Even the sportswear was criticized, because the women were showing bare knees and ankles. A newspaper even wrote: "Korfbal is a monster that spreads its claws to all sides". Yet korfbal was featured as a demonstration sport in the Summer Olympics of 1920 and 1928. The International Korfbal Federation was founded in 1933. Korfbal is played in 57 countries including: United States, United Kingdom, Ireland, Australia, New Zealand, the Czech Republic, Poland, Greece, Serbia, South Africa, Zimbabwe, India, the Netherlands, Belgium, Russia, Germany, Taiwan, Turkey, Hong Kong, Portugal, Pakistan, Sweden, Hungary, the Philippines, Italy, Catalonia, France and Romania. Korfbal has been played in the World Games since 1985. IKF World Championships have been held every four years since 1978. The leading nations are Belgium and the Netherlands. Hong Kong hosted its first international tournament, the Asia Oceania Championship in 2006. New Zealand hosted the Asia Oceania Youth Championships in 2007.

Review of literature

Research has proved to be an essential and powerful tool in leading men towards progress. There should have been very little progress without systematic research. Study of the related literature implies locating,

reading and evaluating reports of research as well as reports of casual observation and opinion reports. A study of relevant literature is an essential step to get a full picture of what has been done with regard to the problem under study.

Shoenfelt (1991), conducted the study on. "Immediate effect of weight training as compared to aerobic exercise on free throw shooting in collegiate basketball players." This study empirically assessed the effect weight training has on the accuracy of free-throw shots immediately following a weight-training session. On alternating days of the week for eight weeks, 14 members of a women's varsity intercollegiate basketball team engaged in a weight-training program and an aerobics exercise program. Each day immediately following the conditioning, the players shot two sets of 10 free throws. The data of comparing Analysis indicated no significant difference in free-throw shooting accuracy as a function of weight training when compared to the aerobic exercise, suggesting that the immediate effects of weight training are no more detrimental or beneficial for free-throw shooting than aerobic exercise. The aim of this study was to examine the effects of a shooting training program, including autogenic and imagery training more specifically, this program selectively influenced the maximum velocity phase,

Mononen (2003), conducted the study on. "Optoelectronic measures in the analysis of running target shooting." In this study, we examined the construct for the compensation of performance validity and practical significance of an optoelectronic shooting training system (Noptel ST 2000 Sport) for the technical analysis of running target shooting. A total of 37 male shooters of three different skill levels participated in the study. Principal component analysis revealed four common factors of 16 variables describing the aiming trajectory of the rifle barrel: (i) Holding area, (ii) Accuracy of aiming, (iii) Cleanness of triggering and (iv) Time on target. These factors were suggested to describe the essential components of running target shooting. According to the discriminate analysis, the shooters of various skill levels seemed to discriminate successfully into three groups when the aiming trajectory data were analyzed. Finally, the aiming trajectory variables represented a 43% of the total variance in the shooting score. In summary, the present data indicated that the optoelectronic shooting training system had practical significance and supported the technical analysis of rifle barrel movement in running target shooting. A sub-set of variables, which reflect the essential information of running target shooting performance, were outlined for training and coaching purposes.

Methodology

The Researcher had decided to conduct the study of "effect of selected exercises on accuracy of Long range shoot, Penalty shoot and Running shoot ability in korfbal". For this study it was required to design of study has been presented under the following headings:

- a) Source of Data
- b) Selection of Subject
- c) Sampling Method
- d) Criterion measures

Source of Data: The subjects were selected from Rabindranath Tagore University Bhopal

Selection of Subject: 40 male subjects of Rabindranath Tagore University Bhopal were selected as subjects for the study. All the subjects were divided into two groups consisting of 20 subjects each.

Sampling Method: The subjects were selected by using simple random sampling.

Selection of Variable: The following three physical variables were be selected for the study:

- a) Long Range Shoot
- b) Penalty Shoot
- c) Running shoot

Criterion Measures: The researcher was conducting self-made test for knowing the long range shoot, penalty shoot and running shoot.

Administration of Test:

1: Long Range Shoot: It is one of the fundamental skills of Korfball game.

Purpose: To measure the shooting ability of korfball players.

Procedure: For the collection of data in a precise manner, the subjects will give full demonstration about the conductance of test. The tester will draw a line on the ground 6 mts. apart from the pole of three different positions. i.e. straight from the pole. From left side at an angle of 45° and from right side at an angle of 45° then the subject will be asked to shooting for 15 times at different positions.

Score: No. of successful shoots will be considered as score of the subject.

2: Penalty Shoot: It is also the fundamental skill of korfball.

Purpose: This test will be used to know the accuracy in shooting ability of korfball players

Procedure: For the collection of data in a precise manner, the subjects will give full demonstration about the conductance of test. The tester will draw a line on the ground 2.5 mts. apart from the pole at three different positions i.e. straight from the pole. From left side at an angle of 45° and from right side at an angle of 45° then the subject will be asked to do shooting for 15 times at different positions.

Score: No. of successful shoots will be considered as score of the subject.

3: Running Shoot: It is also one of the fundamental skills of korfball

Procedure: The subject will be asked by the tester to perform running shoot at a distance of 10 mts. from the pole and the subject will be also asked to perform running shoot at an angle of 45° from both sides. The subject will be given 15 attempts from all three positions to perform the skills.

Score: No of successful running shoot will be considered as score of the subject.

Collection of Data: The necessary data was collected by administrating the tests for measuring the selected variables.

Analysis of data and interpretation

The purpose of this study was to find out the effect of six week (42 days) training on physical variables. The data collected qualitatively on three different tests of long range shoot, penalty shoot and running shoot of control group-A (N=20), and experimental groups (N=20) were analyzed by using the 't' test and post-test means of both groups to find out the significant difference among the selected variables as long range shoot, penalty shoot and running shoot of two groups of students of Rabindranath Tagore University Bhopal and the subjects were selected by using random sampling method from post graduate teaching department of physical education Rabindranath Tagore University Bhopal

Level of significance: To test the hypothesis the level of significance was set at 0.05 level of confidence which was considered adequate and reliable for the purpose of this study.

Finding: The data collected on 40 male subjects before and after six week training program on long range shoot, penalty shoot and running shoot was analyzed by comparing the means of pre and posttest of control and experimental groups and was again statistically analyzed by applying 's'-test to check the significant difference among selected variables. Therefore separate n presented tables and graphs have been presented for each variable as follows.

Table No. 1

Comparison of Long Range Shoot Between Pre And Post Test Of Control Group.

Control Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Pre test	17.45	4.97	0.05	19	0.021	1.729
Post test	17.4	4.80				

Level of significance = 0.05

Tabulated 't' 0.05 (19) = 1.729

Table-1 reveals that there is no significant difference between means of pre and post-test of control group, because mean of pre-test is 17.45 is greater than mean of posttest is 17.4, and there mean difference is 0.05. To check the significant difference between pre and post-test of control group the data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated between pre-test where S.D. =4.97 and post-test where S.D. =4.80. There was not a significant difference between pre and post-test of control group because value of calculated 't' =0.021 which is less than tabulated 't' =1.729 at 0.05 level of significance, which shows no improvement was found in control group because no training was given to the subjects of control group.

Table No.2

Comparison of Long Range Shoot between Pre and Post Test of Experimental Group

Experimental Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Pre test	17.95	5.23	8.56	19	0.316	1.729
Post test	26.6	4.58				

Level of significance = 0.05

Tabulated 't' 0.05 (19) = 1.729

Table-2 reveals that there is significant difference between means of pre and post-test of experimental group, because mean of pre-test is 17.95 is less than mean of post-test is 26.6, and there mean difference is 8.65, To check the significant difference between pre and post-test of experimental group the data was again analyzed by applying z' test. Before applying 't' test, standard deviation was calculated between pre-test where S.D. =5.23 and post-test where S.D. =4.58 There was a big significant difference between pre and post-test of experimental group because value of calculated 't' =5.55 which is more than tabulated 't' =2.02 at 0.05 level of significance, which shows improvement was found in experimental group because training was given to the subjects of experimental group.

Table No. 3

Comparison Of Long Range Shoot Between Post Test Of Control And Experimental Group

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T
Control	8.4	5.18	8.2	38	5.57	2.02
Experimental	26.6	3.21				

Level of significance = 0.05

Tabulated 't' 0.05 (38) = 2.02

Table-3 reveals that there is a significant difference between means of post-test of control and experimental group, because mean of post-test of control group is 18.4 is less than mean of post-test of experimental group is 26.6, and there mean difference is 8.2, To check the significant difference between post-test of control and experimental group the data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated between post-test where S.D. (control group) = 5.18 and S.D. of (experimental group) = 3.21 There was a significant difference between post-test of control and experimental group because value of calculated 't' = 5.57 which is more than tabulated 't' = 2.02 at 0.05 level of significance, which shows improvement was found in experimental group because training was given to the subjects of experimental group.

Table No. 4

Comparison of Penalty Shoot between Pre and Post Test of Control Group

Control Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Pre test	25.2	5.65	0.1	19	0.029	1.729
Post test	25.3	5.70				

Level of significance = 0.05

Tabulated 't' 0.05 (19) = 1.729

Table-4 reveals that there is no significant difference between means of pre and post-test of control group, because mean of pre-test is 25.2 is slightly less than mean of post-test is 25.3, and there mean difference is 0.1. To check the significant difference between pre and post-test of control group the data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated between pre-test where S.D. = 5.65 and post-test where S.D. = 5.70 There was no significant difference between pre and post-test of control group because value of calculated 't' = 0.029 which is less than tabulated 't' = 1.729 at 0.05 level of significance, which shows no improvement was found in penalty shoot of control group because no training was given to the subjects of control group.

Table No.5

Comparison of Penalty Shoot between Pre and Post Test of Experimental Group

Experimental Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Pre test	25.9	5.3	4.15	19	0.317	1.729
Post test	30.05	4.91				

Level of significance = 0.05

Tabulated 't' 0.05 (19) = 1.729

Table-5 reveals that there was significant difference between means of pre and post-test of experimental group, because mean of pre-test is 25.9 is less than mean of post-test is 30.05, and there mean difference is 4.15, To check the significant difference between pre and post-test of experimental group the data was again analyzed by applying t' test. Before applying t' test, standard deviation was calculated between pre-test where S.D. =5.3 and post-test where S.D. =4.91= 2.6. There was significant difference between pre and post-test of experimental group because value of calculated 't' =2.57 which is more than tabulated 't' =2.02 at 0.05 level of significance, which shows improvement was found in post-test of experimental group because training was given to the subjects of experimental group.

Table No. 6

Comparison of Penalty Shoot between Post Test of Control and Experimental Group

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Control	25.3	5.70	4.75	38	2.84	2.02
Experimental	30.05	4.91				

Level of significance = 0.05

Tabulated 't' 0.05 (38) = 2.02

Table-6 reveals that there is significant difference between means of post-test of control and experimental group, because mean of post-test of control group is 25.3 is less than mean of post-test of experimental group is 30.05, and there mean difference is 4.75, To check the significant difference between post-test of control and experimental group the data was again analyzed by applying t' test. Before applying t' test,

standard deviation was calculated between post-test where S.D. (control group) =5.70 and S.D. of (experimental group) =4.91 There was significant difference between post-test of control and experimental group because value of calculated 't' =2.84 which is more than tabulated 't' =2.02 at 0.05 level of significance, which shows improvement was found in experimental group due to six week training and no improvement in penalty shoot was found in control group.

Conclusion and Recommendations

Conclusion:

Within the limitations of the study and from statistical analysis the following conclusion was drawn. There was significant effect on subjects of long range shoot, penalty shoot and running shoot ability in korfbal through the statistical analysis after six weeks training programme.

Recommendation:

In the light of results obtained and conclusions drawn, the following recommendations were made for future investigations and for practical applications. These are: This study may be repeated to physiological variables on the same subjects.

- The same study may be constructed with longer duration of training programme.
- The similar study may be repeated on the female subjects.
- The same study may be repeated on the other class of the society for different age groups.
- To make this study more authentic and valid, the study may be repeated on the larger sample.
- Coaches and physical education teachers are recommended to undertake this type of studies for selecting and planning the training programmes for the players.
- The result of this study can be used to get better and advance outcome.

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